

Mount Kailash: Saga Dawa Festival



trip highlights

Join Tibetan pilgrims on the sacred three-day kora around Mount Kailash, a powerful spiritual journey steeped in centuries of tradition

Witness the vibrant Saga Dawa Festival at Tarboche, where thousands gather to honour the life of the Buddha in one of Tibet's most sacred annual events

Traverse stark Himalayan landscapes on an epic overland route from Lhasa to Kathmandu via the wild reaches of the Tibetan Plateau

Explore the cultural icons of Lhasa, including the towering Potala Palace and Jokhang Temple - heart of Tibetan Buddhism



Trip Duration	18 days	Trip Code: JTK
Grade	Moderate	
Activities	Trekking, Adventure Touring	
Summary	18 day trip, 1 night hotel in Chengdu, 2 nights hotel Lhasa, 12 nights basic hotel/ lodge, 2 nights Radisson Hotel, Kathmandu	

welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

If you're ready to go further and dig deeper, we invite you to join us on the Mount Kailash: Saga Dawa Festival, a journey that captures the essence of a unique adventure.

why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions has been pioneering trips in the Himalaya since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable experience in the Indian Sub-continent. Every trip is accompanied by an experienced local leader, as well as support staff that share a passion for the region, and a desire to share it with you. We take every precaution to ensure smooth logistics, with private vehicles throughout your trip. We use comfortable 3 to 4 star accommodation in hotels hand-picked for their local character and charm. In most cases, all internal transport, entrance fees, national park fees and transfers are included in the cost of your trip.

Most importantly, our adventures always aim to benefit the local people we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience. We invite you to read more on our Responsible Travel philosophy and projects later in these trip notes.



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World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

Inclusions Valued at USD\$:

Meals: USD\$545

the trip

Mount Kailash has drawn pilgrims for centuries. Sacred to Buddhists, Hindus, Jains and Bonpo, and associated with the mythical Mount Meru, it remains one of Tibet's most important pilgrimage destinations. This journey visits Kailash during the Saga Dawa Festival, when pilgrims gather to commemorate the birth, enlightenment and death of Buddha. Beginning in Chengdu, we travel to Lhasa before continuing overland through Gyantse and Shigatse towards Mount Kailash. The route crosses the broad plains and high passes of the Tibetan Plateau, with visits to monasteries, historic towns and sacred sites along the way. As we approach Kailash, the presence of pilgrims travelling for Saga Dawa becomes an important part of the experience. At Mount Kailash, we join Tibetan pilgrims on the sacred kora, a three-day walk around the base of the mountain. For pilgrims, completing the circuit is an act of devotion, with prayer, ritual and ceremony forming part of the journey around Kailash. After completing the kora, we continue to Kathmandu, bringing to a close an overland journey across Tibet shaped by its landscapes, pilgrimage traditions and the significance of Saga Dawa.

at a glance

DAY 1	ARRIVE CHENGDU, CHINA (500M / 1,640FT)
DAY 2	FLY CHENGDU TO LHASA (3,670M / 12,041FT)
DAYS 3-4	EXPLORE LHASA (3,670M / 12,041FT)
DAY 5	DRIVE LHASA TO GYANTSE (3,900M / 12,795FT), 290KM / 180MI, 8-9HRS
DAY 6	DRIVE GYANTSE TO SHIGATSE (3,800M / 12,467FT), 90KM / 56MI, 3HRS
DAY 7	DRIVE SHIGATSE TO SAGA (4,640M / 15,223FT), 450KM / 280MI, 9-10HRS
DAY 8	DRIVE SAGA TO DARCHEN (4,575M / 15,010FT), 490 KM, APPROX. 10 HOURS)
DAY 9	EXCURSION TO RAKSHAS TAL, CHIU GOMPA AND LAKE MANASAROVAR. (4,575M / 15,010FT)
DAY 10	TREK SHORSIUN TO DERA PUK (5,000M / 16,404FT), WALK 6-7HRS, DRIVE 5KM / 3MI
DAY 11	TREK DERA PUK TO ZUTRUL PHUK VIA DOLMA LA PASS (5,630M / 18,471FT), WALK 8-9HRS
DAY 12	TREK ZUTRUL PHUK TO DARCHEN (4,575M / 15,010FT), WALK 3-4HRS
DAY 13	SAGA DAWA FESTIVAL AT SHORSIUN (4,575M / 15,010FT)
DAY 14	DRIVE DARCHEN TO SAGA (4,640M / 15,223FT), 450KM / 280MI, 9-10HRS
DAY 15	DRIVE SAGA TO KYIRONG (2,800M / 9,186FT), 270KM / 168MI, 9-10HRS
DAY 16	CROSS BORDER TO NEPAL, DRIVE TO KATHMANDU (1,350M / 4,429FT), 160KM / 99MI, 6HRS
DAY 17	EXPLORE KATHMANDU (1,350M / 4,429FT)
DAY 18	TRIP CONCLUDES IN KATHMANDU (1,350M / 4,429FT)

what's included

- 17 breakfasts, 11 lunches and 11 dinners
- Use of a World Expeditions trek pack including a quality sleeping bag, sleeping bag liner, and down or fibre-fill jacket (valued at US\$500)
- All park entrance fees and trekking permits
- Sightseeing and site entry fees as listed
- Good quality accommodation in Chengdu, Lhasa, Shigatse and Gyantse
- Accommodation in fully serviced wilderness campsites during the trek
- Private transportation
- Airport transfers if arriving on Day 1 and Day 18
- Expert bilingual guide
- Use of comprehensive group medical kit

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trip dates

2027 06 Jun - 23 Jun 1

important notes

1 - A Lunar Calendar is used in Tibet which determines the date of the Saga Dawa Festival. The dates are confirmed in February each year which may require a change in departure date by a few days.

NB: - Chengdu-Lhasa flight not included. Please contact your local World Expeditions office to arrange your flights.

2 - In 2026, the Kora will take place during the Tibetan Year of the Horse, an auspicious time for this holy journey occurring every 12 years.

fast facts

Visas:

Please check visa requirements with your reservations consultant*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

- Portable Altitude Chamber and bottled oxygen for emergency use
- Yaks to carry group equipment during the trek
- Daily supply of safe treated drinking water on trek to reduce single-use plastic waste
- Souvenir World Expeditions kit bag

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

what's not included

- International flights
- Chengdu-Lhasa flight. Please contact your local World Expeditions office to arrange your flights.
- Travel insurance
- Visas
- Meals not included in the daily itinerary
- Alcoholic and bottled drinks
- Items of a personal nature such as laundry etc
- Tips

detailed itinerary

As a general rule the further west you travel through Tibet the more basic the accommodation becomes. While we source the best available accommodation for you, there may be times where it will be necessary to stay in lodges utilising multi-share rooms with shared bathroom facilities.

DAY 1 Arrive Chengdu, China (500m / 1,640ft)

On arrival at Chengdu International Airport, you are met by a World Expeditions representative and transferred to your hotel. As the capital of Sichuan Province, Chengdu is known for its teahouse culture, distinctive cuisine and relaxed pace of life. The remainder of the day is free for you to rest after your journey or begin exploring the local streets and neighbourhoods at your own pace. This is a gentle introduction before your journey towards Tibet begins.

Accommodation: Buddha Zen Hotel in Chengdu

meals: NIL

DAY 2 Fly Chengdu to Lhasa (3,670m / 12,041ft)

This morning you are transferred to Chengdu International Airport for your flight to Lhasa, which typically takes around 2 to 2.5 hours. You will be advised which flight to book, as all group members must arrive together due to Tibet travel permit requirements. On arrival in Lhasa, you are met and transferred to the city, a journey of approximately two hours. Due to the altitude, it is important to rest and take things slowly for the remainder of the day, with a briefing held in the late afternoon to outline the journey ahead and distribute equipment.

Accommodation: Hotel in Lhasa

meals: B

DAYS 3-4 Explore Lhasa (3,670m / 12,041ft)

Over the next two days you explore Lhasa's most significant cultural and spiritual sites. A highlight is a visit to Jokhang Temple, the spiritual heart of Tibet, along with

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thoughtful travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence.

World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook.

This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel.

Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website

www.worldexpeditions.com

trip grading Moderate

To determine the grade of a particular adventure we consider a number of factors.

These include the condition of the walking terrain, the altitude, the number of passes crossings and the length of the trek. The three day trek around Kailash is optional.

Alternative arrangements can be made if you elect not to undertake the trek. For those that do the trek it is graded moderate due to the high altitude as we ascend to the Dolma La (5630 metres), but short duration of only 3 days. The trail is well defined and given the time spent acclimatising en route to Kailash should not prove to be too challenging.

In order to complete this trek we advise that you undertake regular exercise – 1 hour of swimming, cycling, jogging, three or four times a week and extended periods of exercise during the weekend will accustom you to regular exercise, for at least three months prior to your departure. Hill walking with a daypack is also recommended.

time to walk Barkhor Square where pilgrims gather in continuous devotion. You also visit the impressive Potala Palace, former residence of the Dalai Lama, and explore Norbulingka, the traditional summer palace set among landscaped gardens. Visits to Drepung and Sera Monasteries provide insight into Tibetan Buddhism, with the opportunity to observe monks engaged in their traditional debating practices.

Accommodation: Hotel in Lhasa (2 nights)

meals: B

DAY 5 Drive Lhasa to Gyantse (3,900m / 12,795ft), 290km / 180mi, 8–9hrs

Today you begin your journey across the Tibetan Plateau, travelling from Lhasa through the Kyichu Valley and alongside the Yarlung Tsangpo (Brahmaputra River). The route climbs to Khamba La Pass (4,900m / 16,076ft), where you gain expansive views over Yamdrok Tso, a striking turquoise lake set among snow-capped peaks. Continuing around the lake, you cross Karo La Pass (5,200m / 17,060ft), where glaciers descend close to the roadside. On arrival in Gyantse, you visit the Kumbum Chorten, a multi-level Buddhist structure known for its chapels and detailed murals.

Accommodation: Hotel in Gyantse

meals: B,L,D

DAY 6 Drive Gyantse to Shigatse (3,800m / 12,467ft), 90km / 56mi, 3hrs

This morning you travel by road from Gyantse to Shigatse, Tibet's second-largest city. On arrival, you visit Tashilhunpo Monastery, founded in 1447 and the traditional seat of the Panchen Lama. The monastery's golden rooftops and expansive prayer halls offer insight into Tibetan Buddhist traditions and daily monastic life. The remainder of the day is at leisure to explore the city or rest.

Accommodation: Hotel in Shigatse

meals: B,L,D

DAY 7 Drive Shigatse to Saga (4,640m / 15,223ft), 450km / 280mi, 9–10hrs

Today you travel west across the Tibetan Plateau towards Saga, covering a long but rewarding section of the journey. The route passes through expansive high-altitude plains with distant snow-capped peaks and scattered remote settlements. The scale and remoteness of the landscape become increasingly apparent as you continue deeper into western Tibet. Road conditions can vary, and travel times may be affected, reflecting the rugged nature of this region.

Accommodation: Guesthouse in Saga

meals: B,L,D

DAY 8 Drive Saga to Darchen (4,575m / 15,010ft), 490 km, approx. 10 hours)

This morning you continue your journey across the Tibetan Plateau towards Darchen. En route, you visit Lake Manasarovar, a sacred freshwater lake set beneath Mount Kailash and revered across multiple spiritual traditions. Surrounded by expansive Himalayan views, the lake offers a powerful sense of place and significance. After time at the lake, you complete the short drive to Darchen, the starting point for the Mount Kailash kora.

Accommodation: Guesthouse in Darchen

meals: B,L,D

DAY 9 Excursion to Rakshas Tal, Chiu Gumpa and Lake Manasarovar. (4,575m / 15,010ft)

Today you explore the region surrounding Lake Manasarovar, visiting sites of deep cultural and spiritual significance. You begin at Rakshas Tal, a stark saltwater lake

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adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant of travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price.

contrasting with nearby Manasarovar and associated with Hindu mythology. The journey continues to Chiu Gomba, a monastery set on a rocky outcrop overlooking the lake, offering expansive views across the plateau. After time to explore the monastery and its surroundings, you return to Darchen for the night.

Accommodation: Guesthouse in Darchen

meals: B,L,D

DAY 10 Trek Shorsiu to Dera Puk (5,000m / 16,404ft), walk 6–7hrs, drive 5km / 3mi

This morning you take a short drive to Shorsiu, the starting point of the Mount Kailash kora, where you meet your yak porters who will carry your main luggage during the trek. The walk begins with a gradual ascent through the Lha Chu Valley, following a glacial river beneath towering cliffs and snow-capped peaks. As you progress, views of Mount Kailash's north face gradually come into view, becoming more prominent along the trail. You continue to Dera Puk, where your accommodation is set opposite the mountain, offering one of the most striking perspectives of the journey.

Accommodation: Guesthouse near Dera Puk (basic)

meals: B,L,D

DAY 11 Trek Dera Puk to Zutrul Phuk via Dolma La Pass (5,630m / 18,471ft), walk 8–9hrs

Today is the most physically demanding day of the Mount Kailash kora as you cross Dolma La Pass, the highest point of the journey. The day begins with a steady ascent on a challenging trail, where the effects of altitude are noticeable and a slow, consistent pace is essential. At the pass, prayer flags mark this significant spiritual point before you begin a steep descent into the valley below over rocky terrain. The trail then eases as you continue to Zutrul Phuk, where a monastery associated with Milarepa marks your overnight stop.

Accommodation: Guesthouse in Zutrul Phuk (shared dormitory style)

meals: B,L,D

DAY 12 Trek Zutrul Phuk to Darchen (4,575m / 15,010ft), walk 3–4hrs

This morning you complete the final stage of the Mount Kailash kora, following a relatively gentle trail back to Darchen. The route is mostly flat with a gradual descent through open valleys, offering time to reflect on the journey. Along the way, you pass mani walls, prayer flags and pilgrims continuing their own pilgrimage. On arrival in Darchen around midday, the remainder of the day is free to rest and recover after completing the kora.

Accommodation: Guesthouse in Darchen

meals: B,L,D

DAY 13 Saga Dawa Festival at Shorsiu (4,575m / 15,010ft)

Today you experience the Saga Dawa Festival, one of the most important events in the Tibetan Buddhist calendar. After breakfast, you travel to Shorsiu, where pilgrims gather to witness the ceremonial raising of the Tarboche flagpole. The valley comes alive with prayer ceremonies, chanting and traditional offerings, creating a powerful cultural and spiritual atmosphere. After time to observe and participate in the celebrations, you return to Darchen by vehicle or on foot alongside local pilgrims.

Accommodation: Guesthouse in Darchen

meals: B,L,D

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DAY 14 Drive Darchen to Saga (4,640m / 15,223ft), 450km / 280mi, 9–10hrs

Today you begin the return journey across the Tibetan Plateau, travelling from Darchen to Saga. The route crosses vast high-altitude terrain with views of distant snow-capped peaks, grazing yak and scattered settlements. This remote section of western Tibet highlights the scale and isolation of the region as you retrace your path eastward. On arrival in Saga, you settle into your accommodation and rest after a long day on the road.

Accommodation: Guesthouse in Saga

meals: B,L,D

DAY 15 Drive Saga to Kyirong (2,800m / 9,186ft), 270km / 168mi, 9–10hrs

Today you continue south from Saga towards the border town of Kyirong. As you descend from the Tibetan Plateau, the landscape changes from open high-altitude plains to steep valleys, river gorges and increasingly green hillsides. The route passes through remote settlements with views of forested slopes, waterfalls and rugged terrain. On arrival in Kyirong, you settle into your accommodation and prepare for the following day's border crossing into Nepal.

Accommodation: Guesthouse in Kyirong

meals: B,L,D

DAY 16 Cross border to Nepal, drive to Kathmandu (1,350m / 4,429ft), 160km / 99mi, 6hrs

This morning you cross the border from Tibet into Nepal via the Kyirong–Rasuwa crossing. After completing immigration formalities, you begin the drive through Nepal's foothills towards Kathmandu. The landscape changes noticeably, with terraced fields, forested hills and river valleys replacing the high-altitude plateau. On arrival in Kathmandu, the remainder of the day is free to rest or explore the city.

Accommodation: Hotel in Kathmandu

meals: B

DAY 17 Explore Kathmandu (1,350m / 4,429ft)

Today you have the opportunity to explore Kathmandu at your own pace. You may choose to wander through the lively streets of Thamel or visit key cultural sites such as Swayambhunath, Boudhanath Stupa, Pashupatinath Temple or Durbar Square. The city offers a strong contrast to the remote landscapes of Tibet, with vibrant markets, temples and everyday local life. Optional guided sightseeing can be arranged, or you may simply take time to relax and reflect on your journey.

Accommodation: Hotel in Kathmandu

meals: B

DAY 18 Trip concludes in Kathmandu (1,350m / 4,429ft)

Your journey concludes in Kathmandu after breakfast. Airport transfers are provided according to your flight arrangements. There are no further activities planned today. This marks the end of your journey through Tibet and Nepal.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

places of interest

The Jokhang

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The Old City of Lhasa was built around the Jokhang, the most sacred temple in Tibet. Established in the 7th century, when Buddhism was first introduced into Tibet, the temple has been considerably enlarged, particularly during the reign of the 5th Dalai Lama. Within the Jokhang, our guide will be able to give you a detailed description of each of the main chapels. The main entrance to the Jokhang is always full of activity, with pilgrims prostrating themselves as they conduct their prayers before continuing on their ritual circuit around the temple. This circuit area, together with the Barkhor, the marketplace outside the Jokhang, is a gathering place for Tibetans, who may have travelled for many months to reach Lhasa. The Barkhor is the “real Tibet”, with a multitude of stalls selling anything from ceremonial scarves to Chinese thermos flasks. You can spend many hours there people-watching, although be sure to ask first before taking any photographs.

Sera and Drepung Monasteries

It is a short drive out of Lhasa to visit two of the most important Buddhist monasteries in Tibet. Drepung Monastery was founded in the 15th century. A century later, the 2nd Dalai Lama established the Ganden Palace that was to be his residence until the 17th century when he moved to the Potala Palace in Lhasa. While at the monastery we visit the huge Main Assembly Hall and the famous teaching colleges. Sera Monastery once housed a huge monastic population of around 5000 monks; sadly this number has declined to a few hundred since the Cultural Revolution. Like Drepung, Sera was founded in the 15th century and includes several important teaching colleges (including the famous debating courtyard) and the Main Assembly Hall with its important thangkas (painted or embroidered Buddhist banners) and impressive statues.

The Norbulingka

This large compound, situated to the west of the city, is where successive Dalai Lamas spent their summer months. Indeed, the 14th (current) Dalai Lama often preferred to stay in this summer palace, rather than in the cold, isolated chambers of the Potala. The Palace of the 14th Dalai Lama is situated in the centre of the compound, and little seems to have changed since he escaped into exile in India in 1959. Most of the private quarters are open to the public, which always includes a steady flow of Tibetan pilgrims keen to pay homage to their exiled leader. The Palace of the 13th Dalai Lama, situated on the perimeter of the Norbulingka, is also open to the public.

The Potala Palace

The Potala Palace is one of the highlights of a visit to Lhasa. It is divided into two main complexes: the outer white building that housed the administration, and the Red Fort, where chapels, tombs and the living quarters of the Dalai Lama were located. Founded in 1645 during the reign of the great 5th Dalai Lama, the White Palace was completed in 1648, twelve years after that Dalai Lama's death. To avoid possible problems, the head monks related to the masses that the 5th Dalai Lama was in deep meditation until after the Red Palace was completed. It is normal to approach the Potala through the Western Gate and make your way slowly through the labyrinth of chambers to the lower floor of the Red Fort. The most impressive hall within this medieval building is the chamber housing the tombs of the former Dalai Lamas, including the massive golden tomb of the 5th Dalai Lama. This chamber is currently undergoing renovation, however, and is not open to the public. Nearby is the chapel commemorating Padmasambhava, the Tantric sage who introduced Buddhism to Tibet. On the upper middle floor is the tomb of the 13th Dalai Lama, while the next floor contains the official Reception Hall and living quarters, some of which are open to the public. We complete our visit to the Potala Palace by leaving through the main gate and continuing on to the Red Fort, before descending the series of steps to the marketplace immediately in front of the palace. The time spent in the Potala will depend on the number of pilgrims and tourists that are visiting while we are there.

suggested extensions

- Kathmandu to Delhi
- Chitwan Safari

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physical fitness

For a challenging program physical fitness should be an ongoing thing, which should start from a base at around 4 to 6 months prior to departure and increase to build maximum endurance, stamina, flexibility and familiarity with the anticipated routine as much as possible by your trip commencement. Three to five hard sessions of 40 to 60 minutes of physical exercise per week such as running, hill walking, swimming, cycling or gym work will build excellent aerobic capacity and overall endurance and stamina which are so important in trekking and climbing at altitude. Overnight or multi day bushwalks (on rough, loose and rocky terrain) should be incorporated in your training regime also, this develops skill and confidence on difficult terrain you will find on expedition. Rest and recovery, whilst at the same time steadily increasing your routine and incorporating variety, are just as important parts of the process if you intend to maintain and enjoy the regime for any duration. (We hope that it will become a 'lifetime' thing.) With a solid training regime comes a more relaxed disposition, more energy and usually better walking and breathing technique, which ultimately leads to you having a great trip rather than some kind of survival experience. Likewise overnight camping bushwalks encourage you to become self-actualised and self-reliant, making the daily routine on trek, getting ready on time, keeping clean, helping out and so on, much easier and less stressful. Plan early with us and prepare yourself physically on a continuing basis right the way through, rather than putting it off for periods.

country information

Tibet was for centuries a mysterious Buddhist kingdom isolated from the rest of the world by the Himalaya. In the 1950s, however, when Tibet was annexed by the People's Republic of China, everything changed. The Dalai Lama, Tibet's religious and political leader, fled to Dharamsala in northern India in 1959, where he established a Government in Exile; and more than 120,000 Tibetan refugees now live in India, Nepal and Bhutan. Since 1965, Tibet has been administered as the Tibetan Autonomous Region (TAR). Much of what was once Tibet has been incorporated into the Chinese provinces of Qinghai and Gansu (formerly known as Amdo), and Sichuan and Yunnan (traditionally known as Kham). The first tourists stepped into what was formerly Tibet in the 1980s, only to find many of its legendary monuments and monasteries in ruins. But the essence of Tibet is still there; the heart of the country is still beating. There are still pilgrims reciting mantras and spinning prayer wheels, the faith and goodwill of the people seems unaffected, and there's still the country's incredible location amidst the highest and most spectacular mountains in the world. Travelling in Tibet may be a sobering experience these days, but it is still an incredible one.

climate

The climate in Tibet is not as harsh as one would imagine it to be. Lhasa tends to have mild weather from May to November. Expect sudden cold snaps even in spring (April-May), and dramatic temperature ranges, particularly at high altitudes. Nepal, on the other hand, is subject to the defining influence of the Indian monsoon from late May to mid-September. The ideal time to visit this region is either pre-monsoon, from mid-March until the end of May; or post-monsoon, from October to mid-November, when the weather tends to be relatively cool and dry. Temperatures can vary considerably depending on your elevation but as a guideline, temperatures in April/May and October roughly range from 5C-15C.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more

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expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

equipment provided



You will be provided with the use of a World Expeditions trek pack which includes a duffel bag, quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500). Further, our porters are provided with clothing and boots suitable for the conditions. See more information about our porter initiatives below.

accommodation on the trip



As a general rule the further west you travel through Tibet the more basic the accommodation becomes. While we source the best available accommodation for you, there may be times where it will be necessary to stay in very basic lodges utilising multi-share rooms with shared bathroom facilities. Accommodation during the trek is very basic but following the ban on camping by the authorities, there are no alternatives. Single supplements are available for this trip. However, it does not apply to the accommodation at Lake Mansarover (day 8) or to the two nights during the trek during which there is no availability for single accommodation.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters and/or yaks carry all group gear.

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness

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- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

special visa requirements

An invitation letter covering your time in Tibet will be obtained on your behalf. In order to obtain this we require a clear, colour photocopy of your passport details page 8 weeks prior to departure. Please also provide details of the Chinese Diplomatic Mission that will be handling your visa application as a copy of this document will be forwarded to them from Tibet.

high altitude travel by vehicle

Travellers sometimes drive or fly to high altitude (above 2000m) and therefore run a risk of altitude illness. This risk increases the faster one ascends and the higher the final altitude gained. The risk is reduced if the night following the ascent (sleeping altitude) is spent at low altitude, ie. If you are travelling by road, cross a high pass and descend to an altitude not more than 300 m from your starting point, the risk of altitude illness is minimized. Gaining height rapidly and staying high definitely risks developing altitude illness and you should be aware of, and watch for, the symptoms (see "Acute Mountain Sickness"). You should also consider the use of acetazolamide (Diamox) as an aid to acclimatization and discuss this with your doctor or leader before departure. Should altitude illness occur the treatment is to descend and/or visit a hospital or clinic where the appropriate oxygen and medications can be administered.

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

visas

China

Australian, New Zealand, Canada and the UK passport holders can travel to China for tourism without a visa if their stay is 30 days or less. This visa-free policy is effective to 31 December 2026. If you are staying over 30 days you will need to apply for a visa before your trip.

If you require a visa, it is advisable to apply for your visa approximately 6 weeks before your intended entry into China, but not earlier than three months prior. Applying too early may result in your visa expiring before your arrival. Passport holders from Australia, Canada, United Kingdom, New Zealand and the United States, please visit: <https://consular.mfa.gov.cn/VISA/> to be directed to your dedicated city and countries website for instructions.

Mount Kailash: Saga Dawa Festival

Explore Kailash, the most sacred mountain in the Himalaya, during the Saga Dawa festival, and experience the traditional culture of sacred Tibet.



If you have any doubt about your eligibility, verify the conditions for visa free entry with your nearest Chinese Embassy.

Depending on your passport and location, different requirements apply and they change at short notice. Please refer to websites above for the latest information.

All other nationalities should check with your nearest embassy or consulate.

You must complete an electronic Digital Arrival Card (CDAC) prior to arrival to China. This free, mandatory, and 100% digital process is done via the National Immigration Administration (NIA) website, generating a QR code for immigration inspection. <https://s.nia.gov.cn/ArrivalCardFillingPC/entry-registation-home>

Nepal

Nepal Visa Information

All nationalities require a visa to enter Nepal. For most travellers, a multiple-entry tourist visa can be obtained on arrival at Tribhuvan International Airport (Kathmandu).

To make your arrival as smooth as possible and avoid long queues at the airport, World Expeditions strongly recommends completing the online visa application before you travel.

Option 1: Complete Your Visa Application Before Departure (Recommended)

The easiest and fastest option is to complete your visa application online before arriving in Nepal.

Online Visa Application Portal:

[\(https://nepaliport.immigration.gov.np/\)](https://nepaliport.immigration.gov.np/)(<https://nepaliport.immigration.gov.np/>)

Important

Applications can only be submitted within 14 days of your arrival date

The barcode confirmation generated by the system is valid for 15 days. If your travel dates change and you arrive more than 15 days after completing the form, you will need to submit a new application.

How to Apply

1. Visit the Nepal Immigration Portal above.
2. Select "Visa on Arrival".
3. Choose Tribhuvan International Airport (TIA) as your point of entry if you are flying into Kathmandu.
4. Complete and submit the application.
5. Print or save the barcode confirmation receipt.

What to Bring

- * Passport valid for at least 6 months from your arrival date
- * Printed barcode confirmation receipt
- * 4 x passport-sized photographs
- * Visa fee payment (USD cash recommended)

On Arrival in Kathmandu

1. Proceed to the visa payment counter.
2. Pay the applicable visa fee.
3. Present your passport, payment receipt and barcode confirmation at Immigration.
4. Your visa will then be issued.

Option 2: Apply for Your Visa on Arrival

If you have not completed the online application before departure, you can still obtain your visa upon arrival at Tribhuvan International Airport.

On Arrival

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1. Proceed to one of the visa application kiosks in the arrivals hall.
2. Complete the electronic visa application form.
3. Print the confirmation receipt if available, or take a clear photo or screenshot of the confirmation page.
4. Proceed to the visa payment counter.
5. Present your application confirmation, payment receipt, passport and passport photographs at Immigration.

Please note that queues can be lengthy during busy periods, which is why completing the online application before departure is recommended.

Visa Fees

Current tourist visa fees are:

15 Days - US\$30

30 Days - US\$50

90 Days - US\$125

Payment Information

USD cash is strongly recommended. AUD, CAD and GBP are generally accepted at the exchange rate of the day. Bringing the exact amount in US dollars will help speed up processing and avoid delays

Important Requirements

Before travelling, please ensure you have:

- A passport valid for at least 6 months from your date of arrival
- 4 x passport-sized photographs
- A printed or saved copy of your visa application confirmation (if applying online)
- Sufficient funds to pay the visa fee on arrival

Visa Validity

Once issued, your Nepal tourist visa must be activated by entering Nepal within 6 months of the date of issue.

As visa regulations can change without notice, travellers should always check the latest requirements with Nepal Immigration prior to departure.

World Expeditions Recommendation: Complete the online visa application before departure and bring a printed copy of the barcode confirmation. This is the simplest way to minimise waiting times and ensure a smooth arrival into Nepal.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

webinars & events

World Expeditions invites you to attend our inspiring adventure travel slide shows. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a slide show schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

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private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

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Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

trip availability

If this trip seems right for you then we encourage you to call us now to check availability as we operate strictly small group adventures. Many of our adventures require us to secure services on your behalf; such as permits, hotels and flights to name but a few. The demand for these services is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

Check trip availability and book your tour online, or call or visit one of our offices. To book a trip, you will need to complete a Booking Form (online or request a PDF) and pay a non-refundable deposit. Please note that when booking our tours to not confirm any additional arrangements until all services related to your tour are confirmed by your dedicated Reservations Consultant.